

## Diabetes Prevention Program

If you're at risk for diabetes,  
**you're not  
alone**



## Take action!

Beat prediabetes and earn up to 350 Vitality Points when you complete the **FREE** national Diabetes Prevention Program (DPP). The program helps participants make real lifestyle changes to prevent diabetes, and is proven to reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers FREE enrollment in a DPP course. Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) or call Anthem's personal health consultants at **1.844.402.KEHP (5347)** to learn more or enroll in a course.

## Not sure of your risk?

Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

### Starting in August

#### **Mt. Sterling**

108 East Locust Street  
Tuesdays beginning Aug. 22 from  
5:30-6:30 p.m.

### Starting in September

#### **Frankfort**

Investors Heritage, 213 W 2nd St.  
Wednesdays beginning Sept. 2  
from 5-6 p.m.

State Office Bldg., 501 High St.  
Thursdays beginning Sept. 3 from  
11:30 a.m.-12:30 p.m.

Franklin Co. Health Dept.,  
851 East-West Connector  
Tuesdays beginning in Sept.  
Time TBD

#### **Lexington**

161 Lexington Green Mall  
Mondays beginning Sept. 28 from  
5-6 p.m.

#### **Nicholasville**

Date, time and location TBD

#### **Richmond**

890 Richmond Plaza  
Tuesdays in Sept. at 10 a.m.

#### **Versailles**

Kroger Conference Room  
Mondays beginning Sept. 14 from  
4-5 p.m.

**Sign up today! Call  
1.844.402.KEHP (5347)**

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For all your wellness benefits, visit [LivingWell.ky.gov](http://LivingWell.ky.gov)

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Questions?  
[Contact Us](#)



STAY CONNECTED:



You may not unsubscribe from receiving electronic communications about an ongoing transaction or relationship, including communications related to employee benefits such as Kentucky Employees' Health Plan bulletins or other notifications.